

## **CLINIC FOR ASD & ADHD DIAGNOSTICS- COMMUNITY RESOURCES**

**211 database:** 2-1-1 or 1.800.830.5380 [www.211database.org](http://www.211database.org) It is a comprehensive resource database.

### **CHILD ADVOCACY**

**COMMUNITY ALLIANCE FOR SPECIAL EDUCATION (C.A.S.E.)** [www.caseadvocacy.org](http://www.caseadvocacy.org)

Phone: **415.431.2285** CASE provides attorney and non-attorney representation on a sliding fee basis, as well as free technical assistance consultation on your child's educational program.

**DISABILITY RIGHTS CALIFORNIA (formerly Protection Advocacy Inc.)** [www.disabilityrightscalifornia.org](http://www.disabilityrightscalifornia.org)

Phone: **510.267.1200** or Toll Free **1.800.776.5746** **Oakland Legal Office:** Peer/Self-Advocacy, Special Education Rights. DRC works to bring about fairness and justice for people with disabilities.

**DISABILITY RIGHTS EDUCATION AND DEFENSE FUNDS (D.R.E.D.F.)** [www.dredf.org](http://www.dredf.org)

Phone: **510.644.2555** **Education Advocate phone: 800.348.4232** DREDF is the Parent Training and Information Center. They can assist with Introduction to the IEP Assessment, Behavior, and Understanding ADHD etc. See website for sample letters for IEP and Section 504. DREDF's free services are provided by phone and email, through their website and workshops by Education Advocates who help families secure appropriate services for their children and become effective partners and leaders in school reform.

### **COUNSELING RESOURCES**

**Contra Costa County Mental Health ACCESS LINE:** 888.678.7277

- **CCHP Members (Medi-Cal) call for Authorization:** 888.678.7277

**CCHP Members (Commercial) call for Authorization:** 925.957.7239

#### **Early Child Mental Health Programs for Children ages 0-6**

- Lynn Center, Pittsburg 925.439.9628
- We Care, Concord 925.674.0777
- Early Childhood Mental Health, Richmond 510.412.9200
- Child Care Solutions Programs 925.686.0207

**Mental Health Website:** [http://cchealth.org/services/mental\\_health/](http://cchealth.org/services/mental_health/)

**For Sliding Scale Fees: Call 2-1-1 for complete listing.** \* *Spanish-speaking therapist available.*

- **Amador Institute**, Antioch, 925.778.3800 <http://amadorinstitute.com/>
- **Catholic Charities\*** [www.cceb.org](http://www.cceb.org)
  - **Pittsburg & Concord Family Services Center:** 925.825.3099
  - **Richmond Family Services Center:** 510.234.5110
- **Center for Human Development** 925.687.8844 [www.chd-prevention.org](http://www.chd-prevention.org) (+ parenting skills and anger management at extension 227)
- **Diablo Valley Counseling Center:** 925.210.1414
- **Family Institute of Pinole:** 510.741.7286
- **Family Institute of Richmond:** 510.734.7028 (Also takes Uninsured patients)
- **Family Stress Center:** Antioch 925.706.8477 or Concord 925.827.0212
- **Familias Unidas\*:** [www.familias-unidas.org/](http://www.familias-unidas.org/) Antioch 925.755.7775 / Richmond 510.412.5930
- **FIRST FIVE CENTERS** [www.firstfivecc.org](http://www.firstfivecc.org) -> Programs -> First 5 Centers for monthly calendar. Located in Antioch, Bay Point, Delta, Monument Community and West County
- **Jewish Family and Children Services:** 925.927.2000 [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)
- **JFKU Community Counseling Center:** 925.798.9240 [www.jfku.edu](http://www.jfku.edu) (+ support groups)
- **The Latina Center\*:** 510.233.8595 Richmond [www.thelatinacenter.org](http://www.thelatinacenter.org)
- **The Lucas Michael Rubino Family & Child Counseling Center\*:** 925.432.7844
- **Touchstone Counseling Services, Inc.:** 925-932-0150
- **West Coast Children's Clinic:** [www.westcoastcc.org](http://www.westcoastcc.org) Intake & Referral 510.269.9043
- **YWCA Mental Health Program:** <http://www.ywcaccc.org/> 925.372.4213

**REGIONAL CENTER OF THE EAST BAY:** For intakes for **under** three years of age call **510-618-6195** or for **over** three years of age call **510-618-7706**. Parent must call to start timeline. Web: <http://www.rceb.org/>

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**CRISIS CHILD CARE:** Bay Area Crisis Nursery (Ages 0-5) 925.685.8052  
Dahlstrom House (Ages 6-12) 925.685.3695

### **PARENTING CLASSES** Check 2-1-1 for updates

**Family Stress Center** Grandparent support groups and Child-Parent Enrichment Program (C-PEP)  
Antioch: 925. 706.8477 Concord: 925. 827.0212

**Families Forward:** Documented/undocumented residents served.  
Brentwood: 925.634.4445 General counseling, Advocacy, Referral and crisis services.

**Children's Mental Health Clinic** Please call for current classes i.e. Parent Project  
Antioch: 925.427.8664 Concord: 925. 646.5468 Richmond: 510. 374.3261

**Kaiser Permanente:** [www.kp.org](http://www.kp.org) Some classes are open to non-members with set fees.  
**Antioch** offers 1-2-3-Magic: effective discipline for children ages 2-12. Call 925.813.3560 for info.  
**Martinez** offers 1-2-3-Magic: effective discipline for children ages 2-12. Call 925.372.1198 for info.  
**Oakland** offers Temperament program - living with spirited children. Call 510.752.6150 for info.  
**Pinole** offers classes on Parenting your teenager. Call 510.243.4020 for info.  
**Vallejo** offers classes on parenting skills for ADHD. Call 707.645.2312 for info.  
Richmond: 510.307.2210 Walnut Creek: 925.295.4410

**Check your local Adult Schools or local Community Colleges.** For example, Mt. Diablo Adult Education Parent Ed Program 925.685.7340 ext. 2771 provides parenting classes for families with children of all ages.

### **PARENT SUPPORT GROUPS** Check 2-1-1 for updates

**Care Parent Network** Phone: **925. 313.0999** *Spanish services are available at ext. 105/108.*  
<http://www.contracostaarc.com/html/care.html>

Support groups, information and referrals for parents of children with special needs. Peer mentor.  
This is a great resource for Early Start, Special Education and IEP resources. Call for sample letters.

**C.H.A.D.D. of Northern California** [www.chaddnorcal.org](http://www.chaddnorcal.org) **1.888.759.9758**  
Support group for parents of children with **ADHD**. Contact phone number for current calendar events

**KINSHIP Support Services** – see 2-1-1 database for specifics including grandparent support groups.

### **WEB INFORMATION**

**Attention Deficit Hyperactivity Disorder (ADHD):** <http://www.insideadhd.org/>; <http://www.additudemag.com/>

**Autistic Spectrum Disorders (ASD):** [http://www.firstsigns.org/delays\\_disorders/asd.htm](http://www.firstsigns.org/delays_disorders/asd.htm);

<http://www.dds.ca.gov/Autism/Home.cfm>; <http://www.nichd.nih.gov/health/topics/asd.cfm>;

<http://www.autismspeaks.org/whatisit/index.php> ; <http://www.cdc.gov/ncbddd/autism/index.html>;

<http://www.autism-society.org/>

**CA Dept. of Developmental Services (DDS):** [http://www.dds.ca.gov/general/info\\_about\\_dd.cfm](http://www.dds.ca.gov/general/info_about_dd.cfm);

**Childhood Matters Radio show on Parenting:** For archive shows go to: [www.childhoodmatters.org](http://www.childhoodmatters.org)

**Hand in Hand:** Nurturing the Parent-Child connection for more info go to <http://www.handinhandparenting.org/>

**Healthy Children:** <http://www.healthychildren.org/> for general information related to child health or for more specific guidance on parenting issues. See *health issues* → *conditions* for specific info on ADHD, Emotional problems and Developmental disabilities.

**Infant Development Association of California** - <http://www.idaofcal.org/>

**Learning Disabilities:** <http://www.ldonline.org/>; <http://www.ncld.org/>

**National Dissemination Center for Children with Disabilities:** <http://nichcy.org/disability>

**Surviving Parenthood:** <http://www.capc-coco.org/surviving.html>

**Zero To Three:** <http://www.zerotothree.org/> for parents of children birth to three years of age.